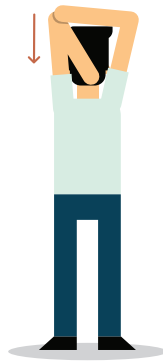


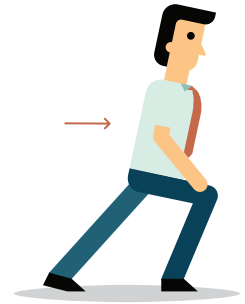
# 9 STRETCHES, 5 MINUTES, EVERY HOUR



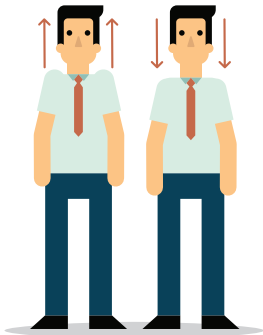
**Neck Stretch**  
Both sides for 10-20 seconds



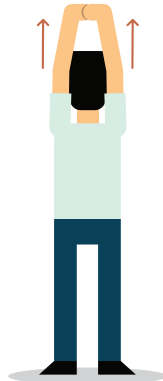
**Triceps Stretch**  
Both sides for 10-20 seconds



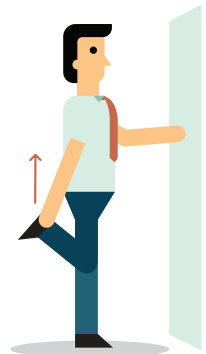
**Hip Flexor Stretch**  
Both sides for 10-20 seconds



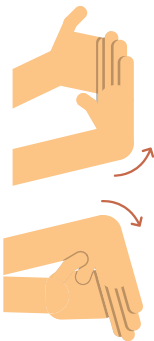
**Shoulder Shrug**  
10 repetitions



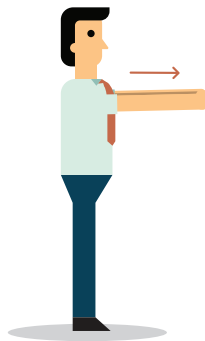
**Upper Back/Chest Stretch**  
Hold for 10-20 seconds



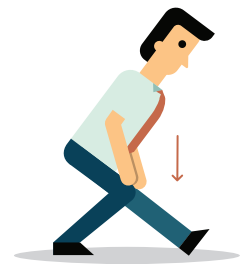
**Quadriceps Stretch**  
Both sides for 10-20 seconds



**Wrist/Forearm Stretch**  
Right and left for 10-20 seconds



**Upper Back/Chest Stretch**  
Hold for 10-20 seconds



**Hamstring Stretch**  
Both sides for 10-20 seconds